

 *mind*
in Bexley

RECOVERY COLLEGE
INDUCTION PACK

Mind in Bexley Who we Are?

Mind, the mental health charity.

We are here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.

Mission

Our purpose is to promote better mental health and Well-being across Bexley Kent including North of the Borough..

Charitable Objectives

To promote the preservation and the safeguarding of mental health services and provide relief to those suffering from mental health disorders

You are not alone!

Contact us for more information

www.mindinbexley.org.uk

Email: info@mindinbexley.org.uk

Phone: 0208-303-8932



Mind in Bexley is an independent charity providing quality outcome-based services to make a positive difference to the mental health of the people of Bexley Kent. We're here to make sure anyone with a mental health issue has somewhere to turn to for advice and support.

Are you feeling distressed, overwhelmed, or that things are too much for you?

Don't know where to turn to get mental health support?

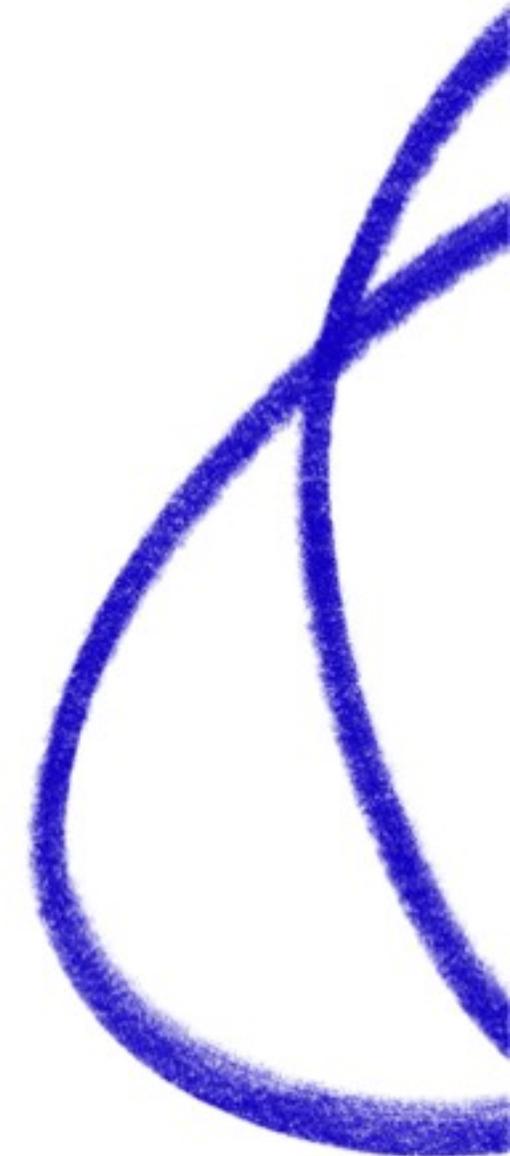
Mind in Bexley is here for YOU!

How We Do It:

Delivering services offering support through a Person-Centred approach. Helping and supporting people to build resilience to improve and sustain their mental and physical wellbeing. Seeking funding to deliver a range of services to meet a variety of needs both short and long term. Developing better support for people who are at risk of self-harm and/or suicide. Assisting in the promotion, support and maintenance of good mental health in the community.

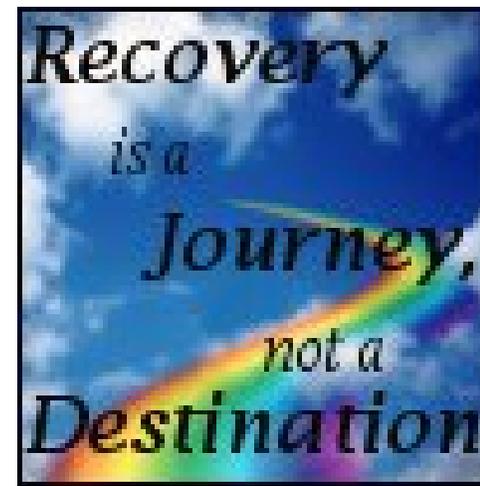
Services

- Education and Training: Digital Workshops ,Activity Groups, and One to One support
- Peer Support Groups: Men's, Women's and Young Person Peer Group
- Eco-therapy
- Mentoring & Volunteering
- Breathing Space at Mind in Bexley
- Education and Planning and Research Mind in Bexley continue to develop programmes of activities and groups which aim to promote good mental health in friendly informal and safe environments.



Recovery Means?

- Recovery is about a personal journey
- Living, staying, as well as possible
- Become EMPOWERED EXPERTS in your own recovery
- Providing tools to make this happen
- Supporting clients through this journey of learning
- We offer a learning approach with support
- Compliments existing preventative services provided by Mind in Bexley

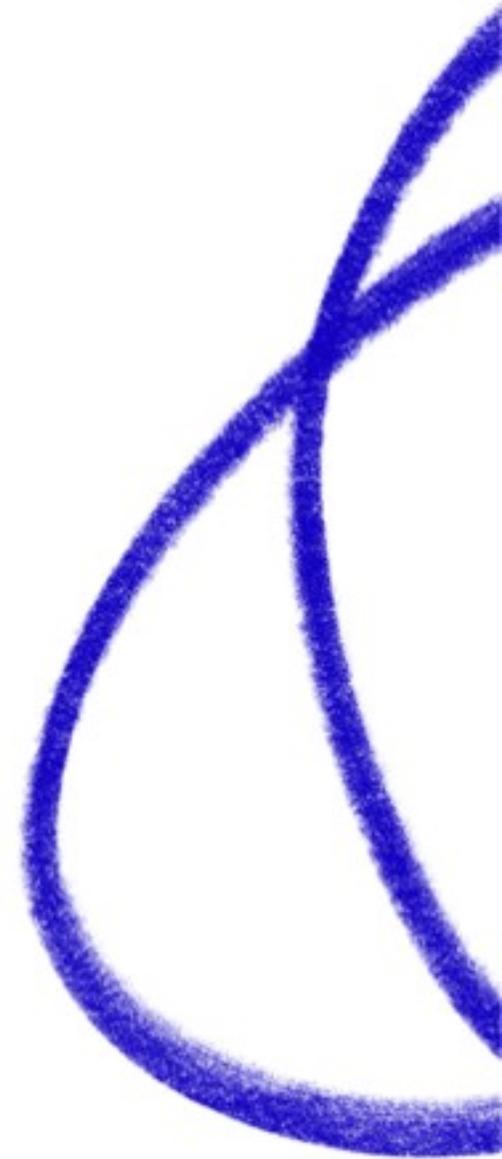


Recovery College Bexley

The Recovery College Bexley provides education and training, focusing on self-management, self-determination, choice and responsibility.

The courses offered are

- available to people with personal experience of mental distress,
- those who access mental health services,
- their carers/supporters, friends and family,
- also for staff members who work alongside people suffering periods of ill health.
- The focus is for individuals to recognise and develop the skills they need to live the lives that they wish to live.

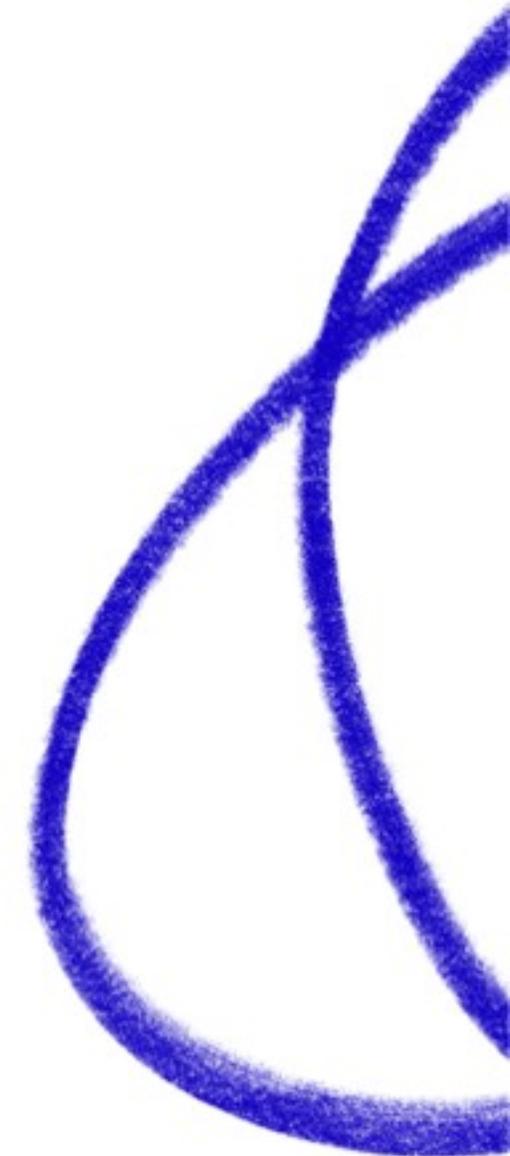


Mind in Bexley. Recovery Support Service:

Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present. Mind in Bexley Recovery College Support Service is set up to empower people with mental health problems to become experts in their own recovery. The workshops and courses we run aim to provide the tools to make this happen and to help you become an expert in your own recovery or that of someone you care for. Bexley Kent Mind provide self-help tools and resources. To self-refer, check out the website for more information. mindinbexley.org.uk/recovery_college also to complete a referral form

- Clients will be allocated a case worker who is a member of the recovery team
- Clients will be contacted within 48 hours for an assessment to discuss their needs
- To aid clients recovery journey.
- They will receive a follow up review in 4 weeks to see how you are doing
- They may also at any time change activities / workshops / courses of choice
- Workshops / courses can only be accessed once within a 6 month period.

All courses & workshops have to be PRE-BOOKED



Weekly Digital Timetable May 2021

Monday

10:00 - 12:00 Women's Group
12:00 - 13:00 Preparing for Life after
Lockdown
12:30 - 14:00 Goal Setting for the week
14:00 - 15:15 Young Adults Project Group
16:00 - 16:30 Guided Mindfulness

Tuesday

09:30 - 10:30 Tai Chi
10:30 - 12:00 Men's Group
12:00 - 12:45 Pilates
12:00 - 13:30 Job Club
12:00 - 14:00 Creative Writing
14:00 - 15:00 Preparing to return to work
14:00 - 16:00 Positivity (Course)
18:00 - 20:00 Stress and Anxiety (Course)

Wednesday

09:00- 9:45 Guided Mindfulness
11:00 - 13:00 Mend, Make and Motivate
12:00 - 13:00 Parental Support
13:00 - 14:00 Maintaining Wellness at Home
(Course)
14:00 - 15:00 Hearing Voices Group
18:00 - 18:45 Yoga

Thursday

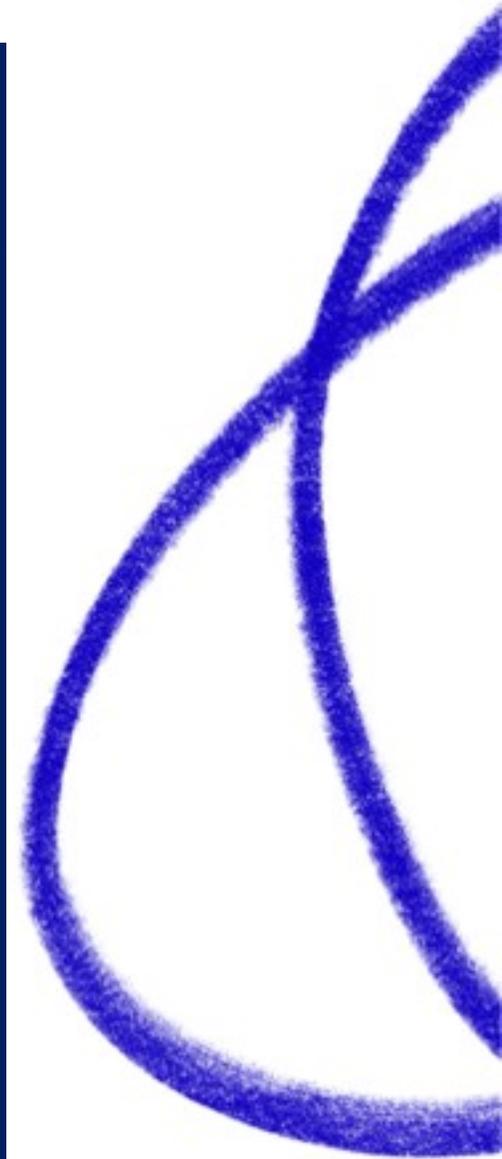
09:00 - 9:45 Guided Mindfulness
10:00 - 12:00 Stress and Anxiety (Course)
12:00 - 12:45 Pilates
14:00 - 16:00 Positivity (Course)

Friday

09:00- 9:45 Yoga
13:00 - 13:45 Guided Mindfulness
13:00 - 14:00 Employment Briefings
16:00 - 17:30 Peer Support - Let it Out

Register online:
mindinbexley/recovery-college

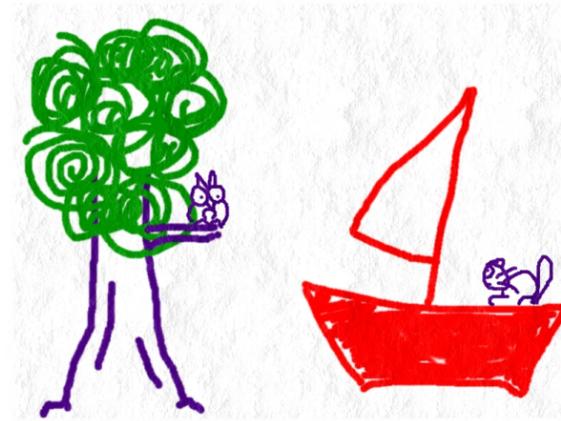
Email:
Recovery@mindinbexley.org.uk



Hearing Voices

A series of workshops for people who experience hearing voices or seeing visions.

These supportive workshops provide an opportunity to exchange information and learn from each other. The workshop is open to those who have experience of hearing voices or seeing visions whether past or present.

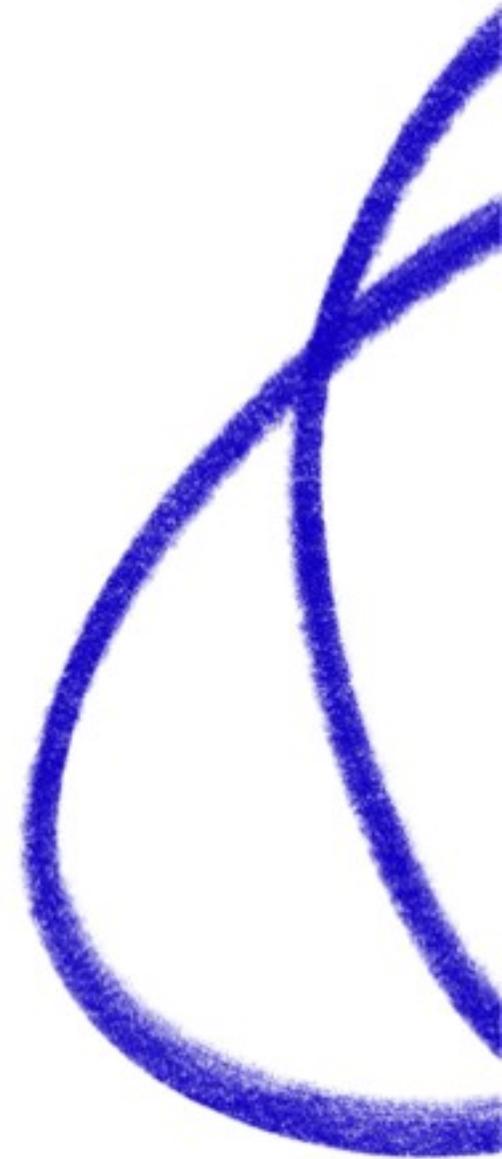
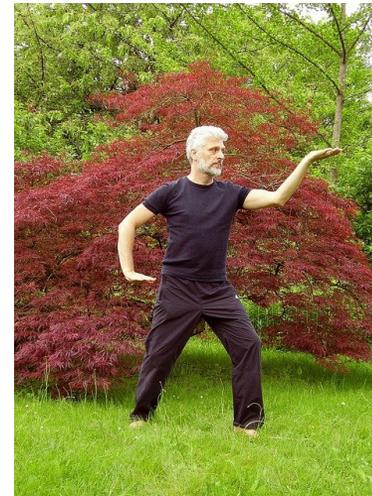


Tai Chi

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tai chi, also called tai chi chuan, is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.



Creative Writing

Mind in Bexley's creative writing group meets every Tuesday 12-2pm. Pen and paper are supplied.

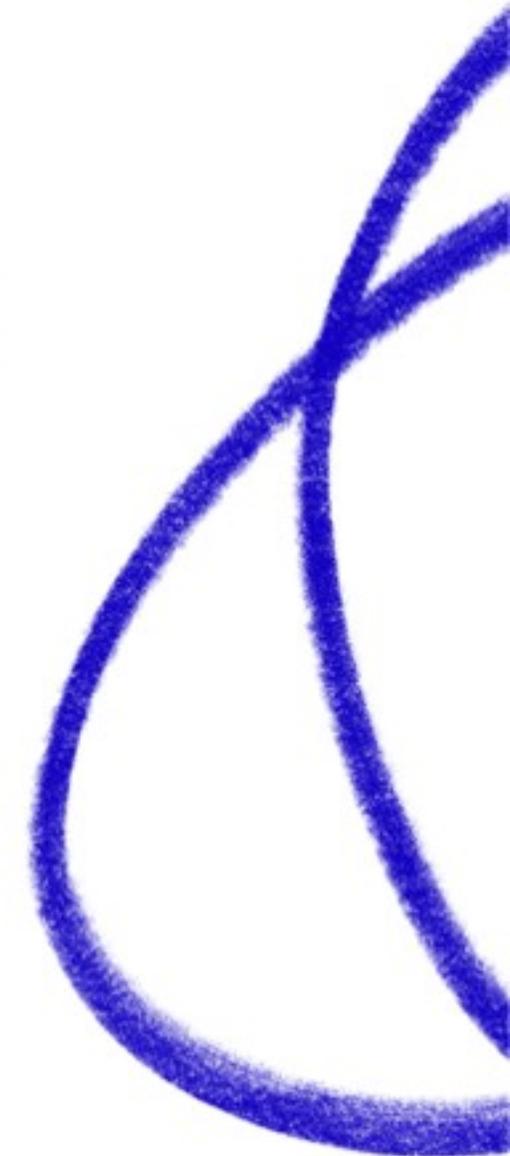
If you want to write a story, read a story, play word-games and experience gentle learning and have fun within a group of likeminded people.

Then you are welcome to come along and join us where you can increase your word power and broaden your horizons at your own pace.

Women's Well-Being social group

The women's group is an opportunity for ladies to come together for coffee and a chat in a safe environment where they can feel comfortable and relaxed.

Group meeting via zoom due to Covid-19 until further notice



YAP (Young Adult's Project)

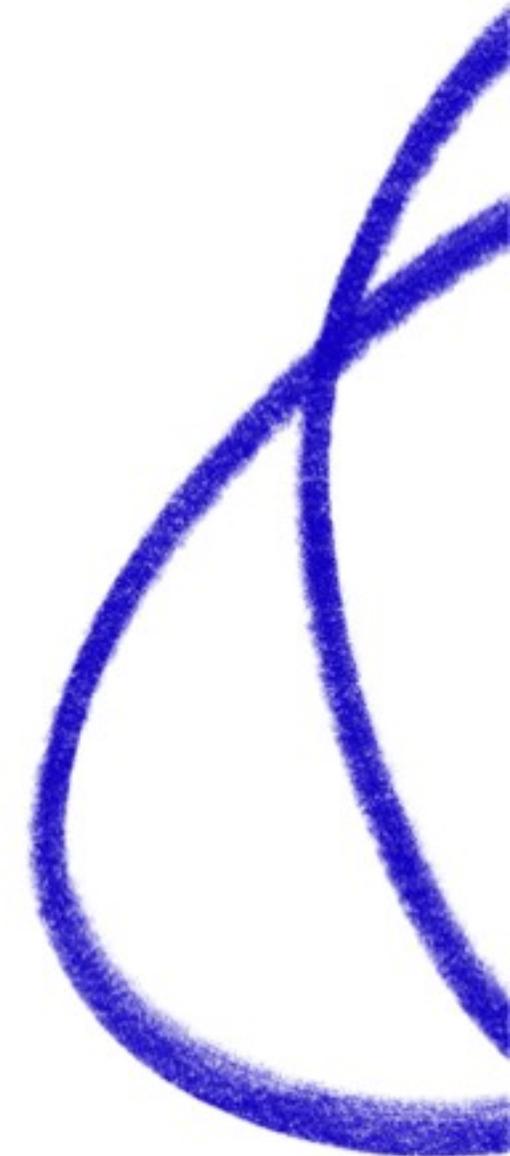
Young Adult's Project (YAP) is a person centred support group which allows those age 18-28 to express themselves and also to gain the confidence and skills to empower themselves and others. Facilitated by a Mind Recovery College staff member with lived experience we meet on a weekly basis in a different location each week. We also do activities and events such as bowling, workshops and have guest speakers come in to chat.

Aims

- To meet others within a similar age bracket.
- To empower people to gain the confidence and skills to talk to others.
- Encourage others to make their own decisions in what they would like to see within the group- This includes workshops and activities.

Note: During the pandemic it has been running via zoom.

MONDAY 2-3.15



Lived experience

At Mind in Bexley we encourage those with lived experience of mental illness to share their story both with colleagues and service-users. This creates an environment which is of equal level and hope.



Coming soon....

- Peer Education Programme. A 16 week course to give service-users the skills and expertise to use their own personal experiences to help others and share their story in a safe and beneficial way.
- Service-user panel. This will be a panel of service users who want to better the quality of what we deliver by sharing ideas and identifying concerns and priorities within the R.C. These will be incorporated into regular meetings to have a discussion which will include focus groups.



Eco therapy and Open Spaces: Allers Road, Bexleyheath

Gardening and Food growing has a range of benefits; it is physically active, mentally healthy, a place to meet people, builds confidence. Plus growing healthy nutritious food for you and your families.

Why not join our green spaces:

Mind in Bexley has two food growing spaces and a garden. We will be arranging workshops throughout the growing season. Eco-therapy improves mental and physical wellbeing by supporting people to be active outdoors doing gardening, food growing or environmental conservation work and other activities in nature.

Mind Open Spaces winter opening times: check recovery college timetable



People Mission Money

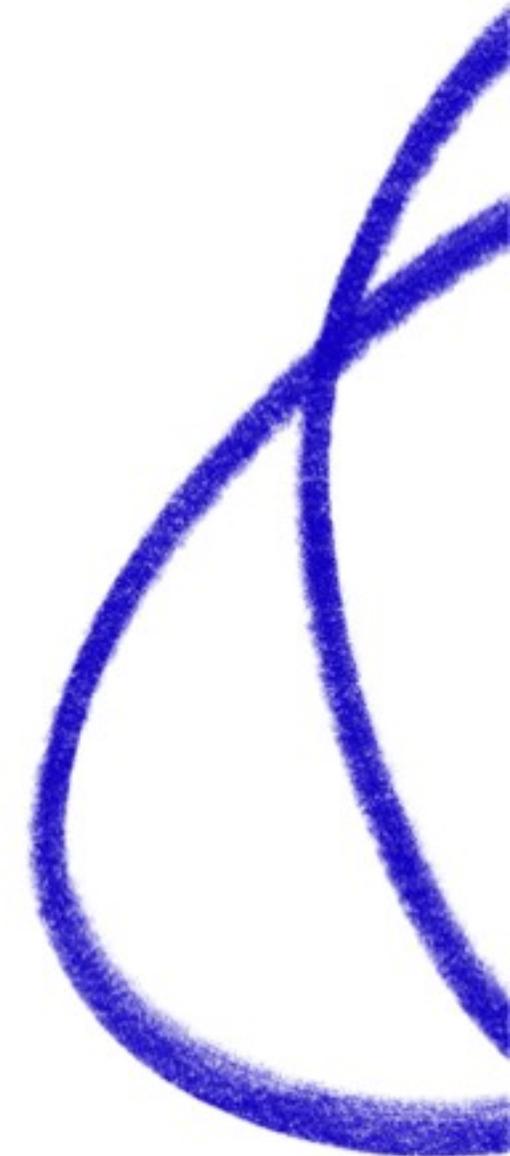
Welfare Rights

Mind in Bexley Welfare Rights offer advice and support to individuals with a diagnosed mental health disorder to claim appropriate welfare benefits .

Diagnosis may include _

- Bipolar Disorder
- Personality Disorders
- Schizophrenia
- PTSD
- Clinical Depression
- Anxiety Disorder
- OCD

We can also signpost individuals to other organisations for support with Debt advice, Housing Evictions and immigration related matters.

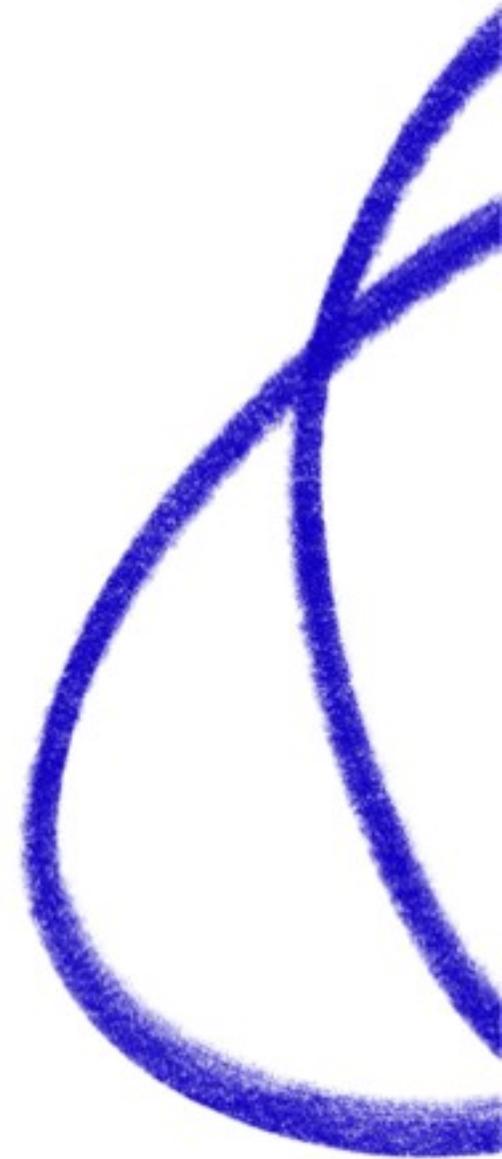


Carers' Support Group

This group is facilitated by the Carers' support service at Mind in Bexley.

For relatives and friends of someone in Bexley experiencing mental ill health and/or drug and alcohol problems.

Please contact Carers Support on 0208 303 5816 option 7 to discuss before attending this group



External Courses

The Recovery College Bexley offer courses which are run by third party partner organisations such as:

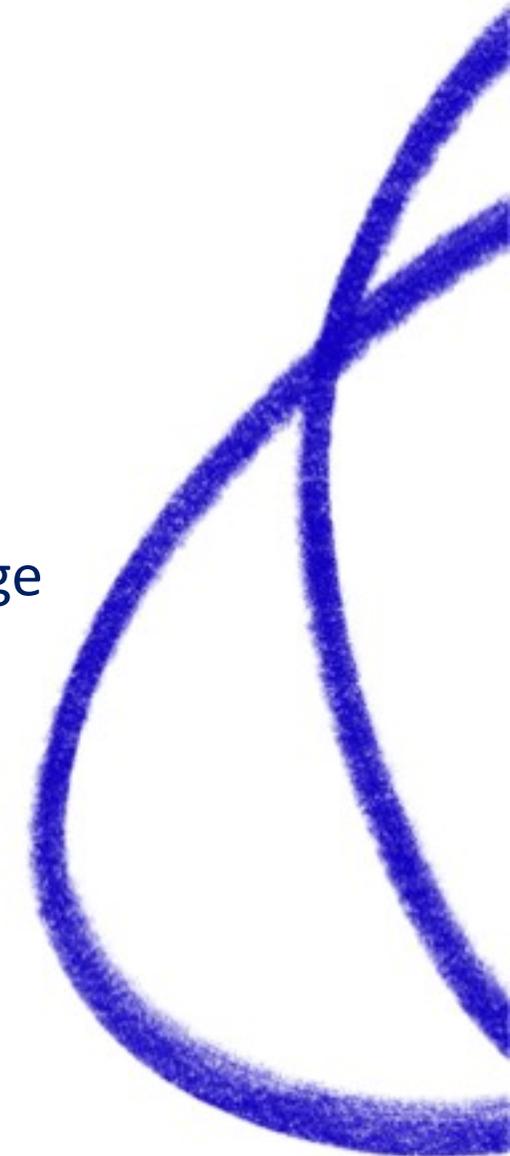
Re-instate; these are managed and booked through the Recovery College Bexley team.

Please contact Recovery College Bexley to express interest or enrol on one of these courses.

Email: recovery@mindinbexley.org.uk Phone:0208 303 8932 Option1

Mind in Bexley:

2A,Devonshire Road,Bexleyheath.DA6 8DS





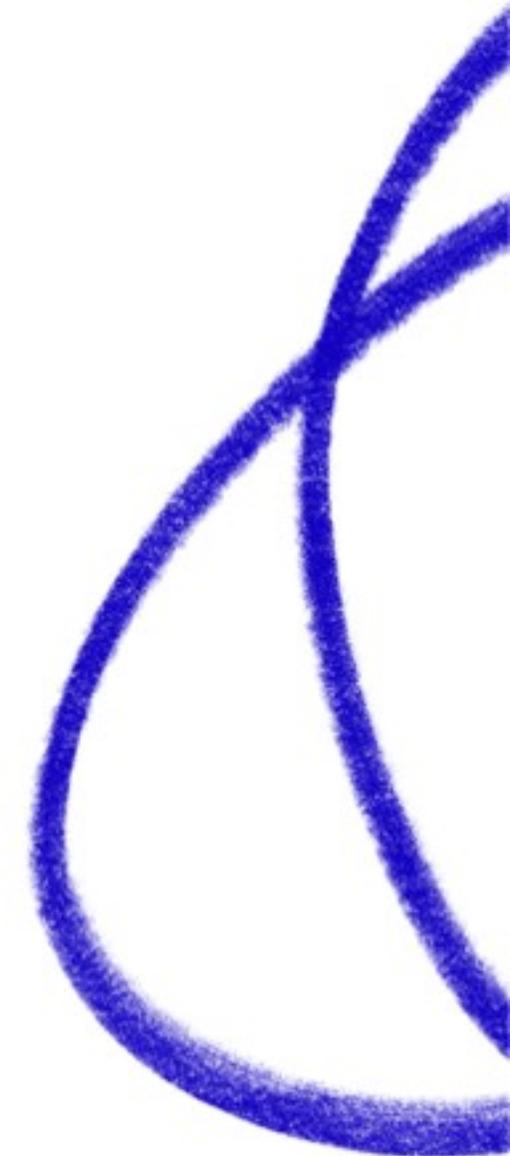
Volunteers We Need You!

At Mind in Bexley we realise the potential of everyone. Becoming a volunteer is one way of building your skills, connecting with others and feeling part of a service that can make a real and valuable positive effect on people. Full training and support provided.

Volunteering roles:

Peer support - Is when people use their own experiences to help each other and this can be through supporting our peer support groups, online workshops, offering support calls, becoming a Mentor. Workshop Facilitator - As a facilitator you will co-lead digital and face-to-face workshops or groups with staff and fully trained volunteers and become part of our Recovery Support Service. Do YOU have a skill or talent that could support others; we want to hear from YOU! Administration - General Office duties and administrative tasks such as making phone calls, sending emails, assisting with data, minute taking and organising filing systems.

Please contact Mind in Bexley for a Volunteer application form





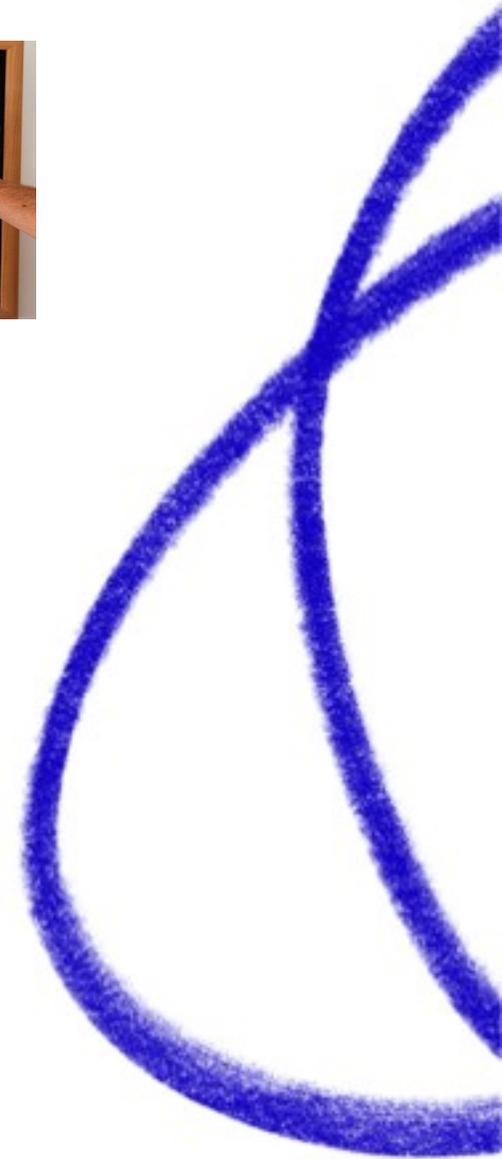
Mentoring Project:

Being a Mentor is a unique and rewarding opportunity to support Mentees who require that bit of extra support. One to one support to empower adults move forward in their mental health recovery, using the Recovery Star Programme, good listening skills, empathy and motivation, working toward s the individual's goals. This is very different form a befriending service or therapy. Full training, regular supervision and support are provided.

Breathing Space at Mind in Bexley:

Breathing Space is a community engagement project that primarily supports Orbit residents who are experiencing mental health issues. Breathing Space's ultimate goal is to support individuals to take control of their own lives and feel empowered to contribute to their community and society. Who is eligible to access Breathing Space?

- Orbit residents aged 18 years+ and living in Thanet
- Self-refer on the East Kent Mind website
- Call: 020 8303 8932 and press option 3



Resource Numbers

Wellbeing line 0203 912 0048

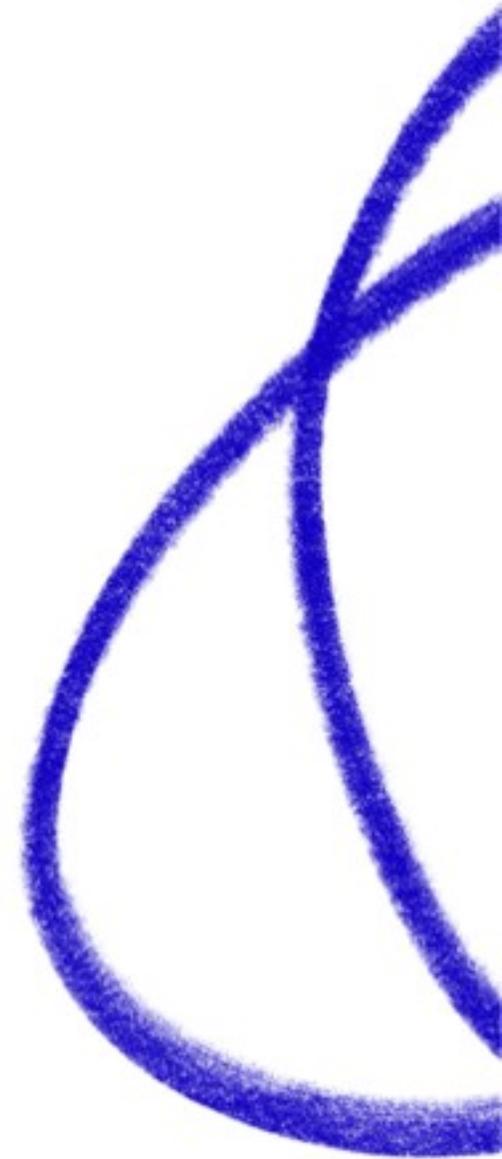
Bexley Recovery College: 0208 303 8932 option 5

Samaritans 116 -123 24hrs

NHS Advice Line 111

The Oxleas Mental Health Urgent Advice Line: 0800
330 8590

www:mindinbexley.org.uk/help



THANK YOU

